

# Fall 2017 Schedule

(updated 11/18/17)

<b>CURRENT SCHEDULE</b> Additional Classes Coming Soon!				<b>PRICES</b> Class packages non-refundable/non-transferable		
<b>Monday</b>	9:00AM-10:00AM	Slow Flow	Amy	<b>NEW STUDENTS:</b> First Class FREE or 5 Classes for \$15! <sup>1</sup> New, first-time students of UpDog Yoga. Limit one offer per person, one time only. Oakland/Macomb/Wayne/St. Clair/Lapeer counties residence only.		
	6:30PM-7:30PM	Slow Flow	Julie			
					<b>CLASS COUNT PACKAGES</b>	
					Single Yoga Class (walk-in)	\$17
					5-Class Pack	\$60
				10-Class Pack	\$115	
				20-Class Pack	\$225	
<b>Tuesday</b>	9:00AM-10:00AM	Basic Yoga	Josh	<b>UNLIMITED CLASS PACKAGES</b>		
	10:15AM-11:30AM	Yin Yoga	Nina			1-Month Unlimited Pass
	6:30PM-7:30PM	Slow Flow	Rachel	Monthly Unlimited Autopay (6-mos. minimum term)	\$99/mo.	
					3-Months Unlimited Pass	\$295
<b>Wednesday</b>	9:00AM-10:00AM	Basic Yoga	Tina	Senior & Student Discount Present valid ID: Seniors age 62+, high school or college students	10%	
	6:30PM-7:30PM	Slow Flow	Kelsey	Sterling Hgts. School, Police, Fire & Henry Ford Macomb Hospital Employees Discount	10%	
					Private Yoga Instruction	\$80/hr
<b>Thursday</b>	9:00AM-10:00AM	Basic Yoga	Tina	<b>UpDog Mission:</b> Provide unparalleled levels of Yoga instruction and stress reduction in a calm, peaceful, safe and beautiful environment		
	6:30PM-7:30PM	Vinyasa	Kelsey			
<b>Friday</b>	9:00AM-10:00AM	Basic Yoga	Julie	<b>Beginner Yogis</b>		
	7:30PM-9:00PM	Workshops Varies see Flyers	Varies	If you are new to Yoga or Meditation, we recommend Basic or Yin. Both provide a basic understanding of breath and alignment, and reduce the risk of injury. If you have questions about a specific class, or have a pre-existing injury, please ask an UpDog staff member for guidance. You will feel most comfortable practicing in layered, lightweight clothing with bare feet on a yoga mat. Rental mats available for \$1. Please arrive 5-10 minutes early on your first visit to complete a New Student Registration. See reverse side for class descriptions; all regular classes are ongoing. <b>Walk-ins are always welcome!</b>		
<b>Saturday</b>	9:00AM-10:00AM	Slow Flow	Jill			
	10:15AM-11:15AM	Basic Yoga	Jill			
	11:30AM-12:45PM	Yin Yoga	Melissa			
<b>Sunday</b>	9:00AM-10:00AM	Basic Yoga	Nina			
	10:15AM-11:30AM	Yin Yoga	Nina			

# CLASS DESCRIPTIONS

**Basic Yoga** introduces basic Yoga postures, breath and concentration techniques. Students are encouraged to work within their own unique ability and limitations. Beginners and all levels welcome

**Yin Yoga** is a soft, slow moving practice that focuses on deeper, longer stretching of tissues and joints and holding of postures to help open the lower back, hips and sacrum. This guided flowing class is primarily seated on the floor and helps open and heal sciatica, lower back, hip muscles and joints. Appropriate for beginners and all levels

**Guided Meditation** a casual guided meditation using a variety of simple, mindfulness meditation techniques which vary weekly. No meditation experience necessary

**Intro to Yoga Series** is a series of classes designed specifically to introduce new students to the benefits and practice of Yoga. The series builds on each lesson to create a sense of confidence and self-reliance. Offered quarterly

**Slow Flow** classes build on the foundation established in Basic Level I classes by linking posture and breath into a more vigorous, moving flow. Sun salutations, backbends and inversions are explored. Vinyasa-style but in a cooler environment for beginners looking to explore beyond Basic

**Vinyasa Yoga** combines breath and movement into a vigorous, challenging flow. For anyone looking to sweat, move to the music, and kick their asana up a notch or two, this class is for you (advanced levels recommended)

**Workshops** are offered on a monthly basis typically on Fridays and Saturdays to help students expand their practice, gain insight into new techniques, and fine-tune their understanding of Yoga and other health-related topics. Workshops are in addition to the regular class schedule and are additional cost (see in-studio flyers and website for details)

## FREQUENTLY ASKED QUESTIONS

**What is Yoga?** Yoga is an ancient system of guidelines for ethical discipline, physical health, breathing, concentration and meditation. The word "yoga" comes from the Sanskrit word "yug," or "union."

**Which Classes Should I Take?** If you're new to yoga, start with Basic Yoga, Yin, Gentle Basic/Yin, Sunrise, Yoga With Props, Guided Meditation and Intro to Yoga Series. Move to Slow Flow, Ashtanga or Vinyasa (hot) classes after you build an awareness of breath, postures and alignment.

**How Often Should I Practice?** Ideally 3 times per week to notice a difference in your body. Experienced yogis practice every day.

**What Should I Wear?** Lightweight "workout clothes" are best. Avoid wearing jewelry.

**Why Shouldn't I Eat Before Practice?** Food interferes with the body's ability to cleanse and detoxify; avoid meals at least 1 hr. prior.

**What If I'm Pregnant?** Inform the instructor when you arrive for class; check with your physician before beginning a physical routine.

**What Can Yoga Do For Me?** Yoga has been proven to reduce stress, increase mental acuity, improve circulation, slim and tone the body and increase energy. Yoga helps us connect to our body and breath to foster balance of Mind, Body & Spirit.